

Content

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Editor Note

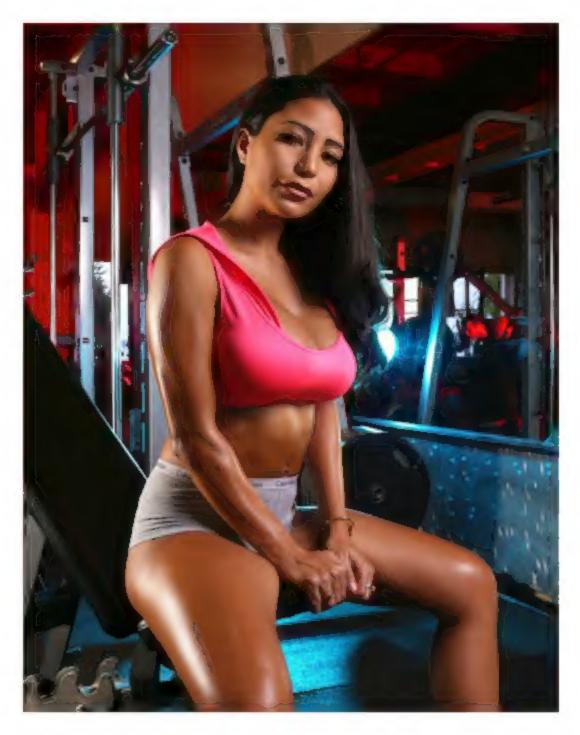
I'm really excited about 2020!

When I first started RHK Productions in 2009, I had no idea we would accomplish so much. We've had 5 magazine titles under our umbrella of publications and have released over 300 issues. We have featured over 1,000 of the world's top models, thanks to our dedicated staff and world-class photographers. We are becoming more involved with musical artists and other entertainers and we have no plans on slowing down. I would like to personally thank everyone who has supported RHK ... it hasn't always been easy, but the journey has been a wonderful experience. I hope this year is one of our best yet!

As always, my goal is to make RHK Productions the BEST. If there is anything we can improve, please let us know by contacting us at submit@rhkempire.com.

Have a wonderful 2020!

Best regards, Alexander Deal, CEO



05

Sasha Stant-Souza

Maui, Hawaii Photos by FitnessFoto80



13

Lily Marie

Boston, MA Photos by Rick Trottier



23

Chrissy Marie

Pottsville, PA Photos by Thomas Ash



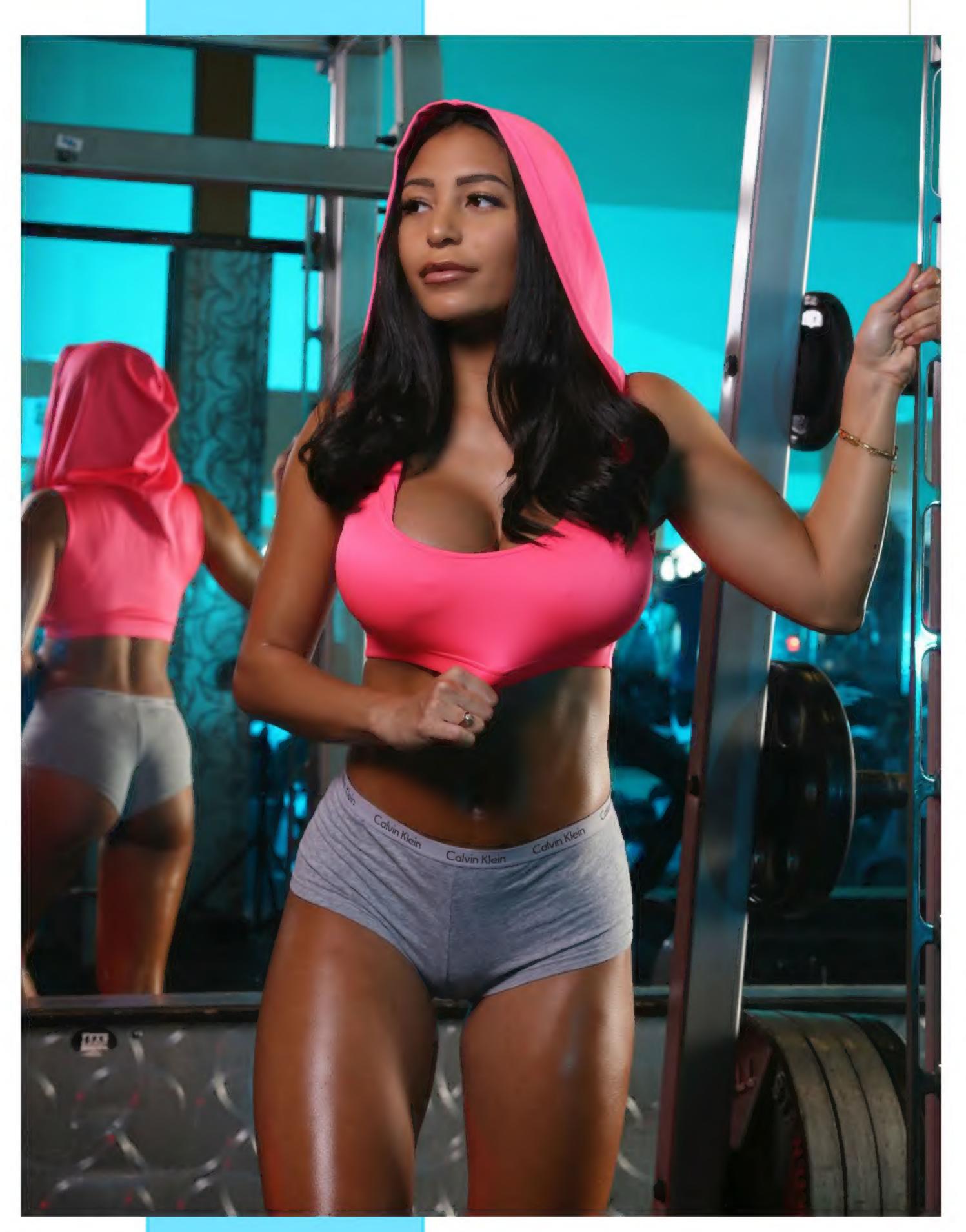




05 - FEATURED MODEL: SASHA STANT-SOUZA



My fun personality is my sexiest feature.

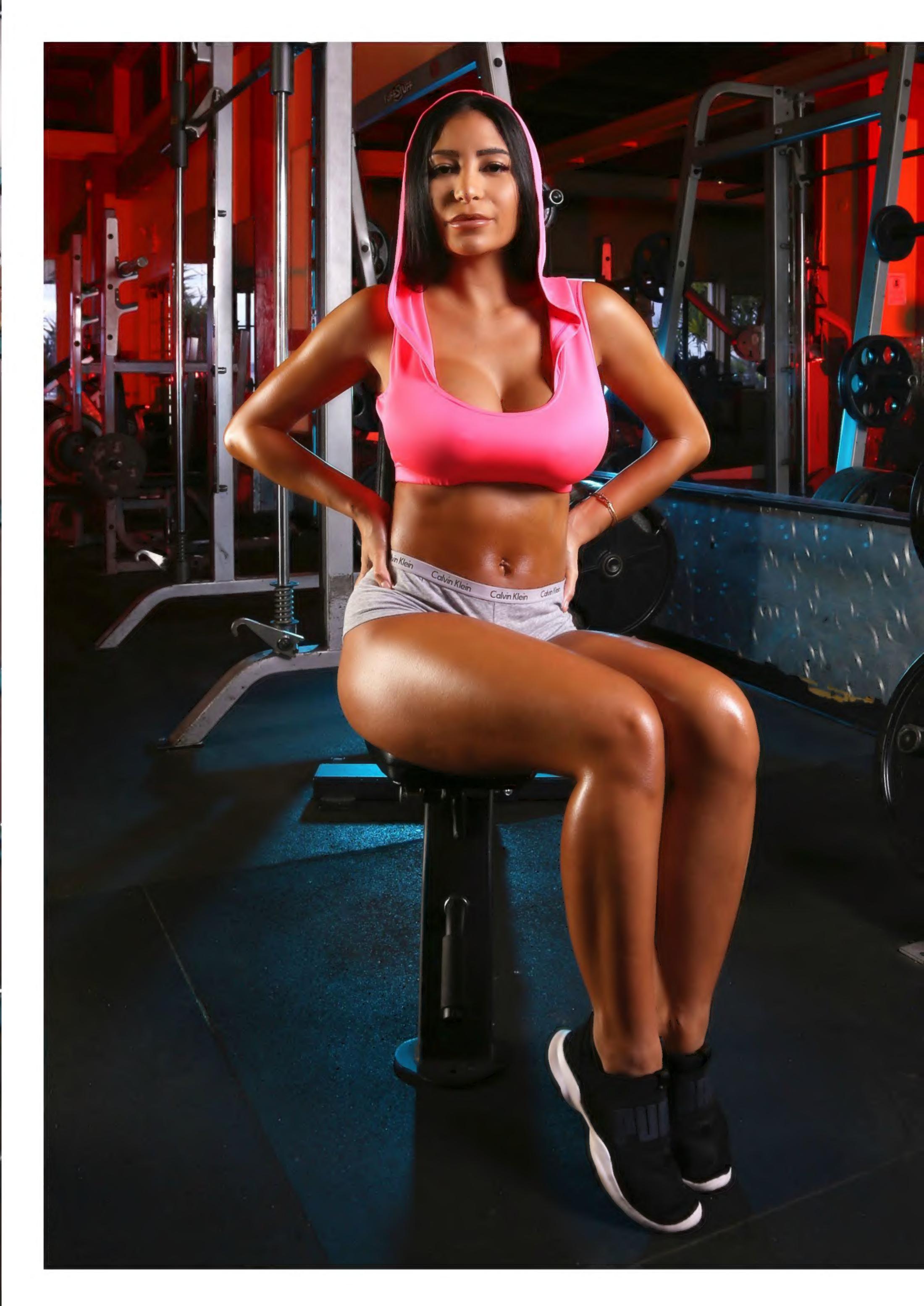


SASHA STANT-SOUZA

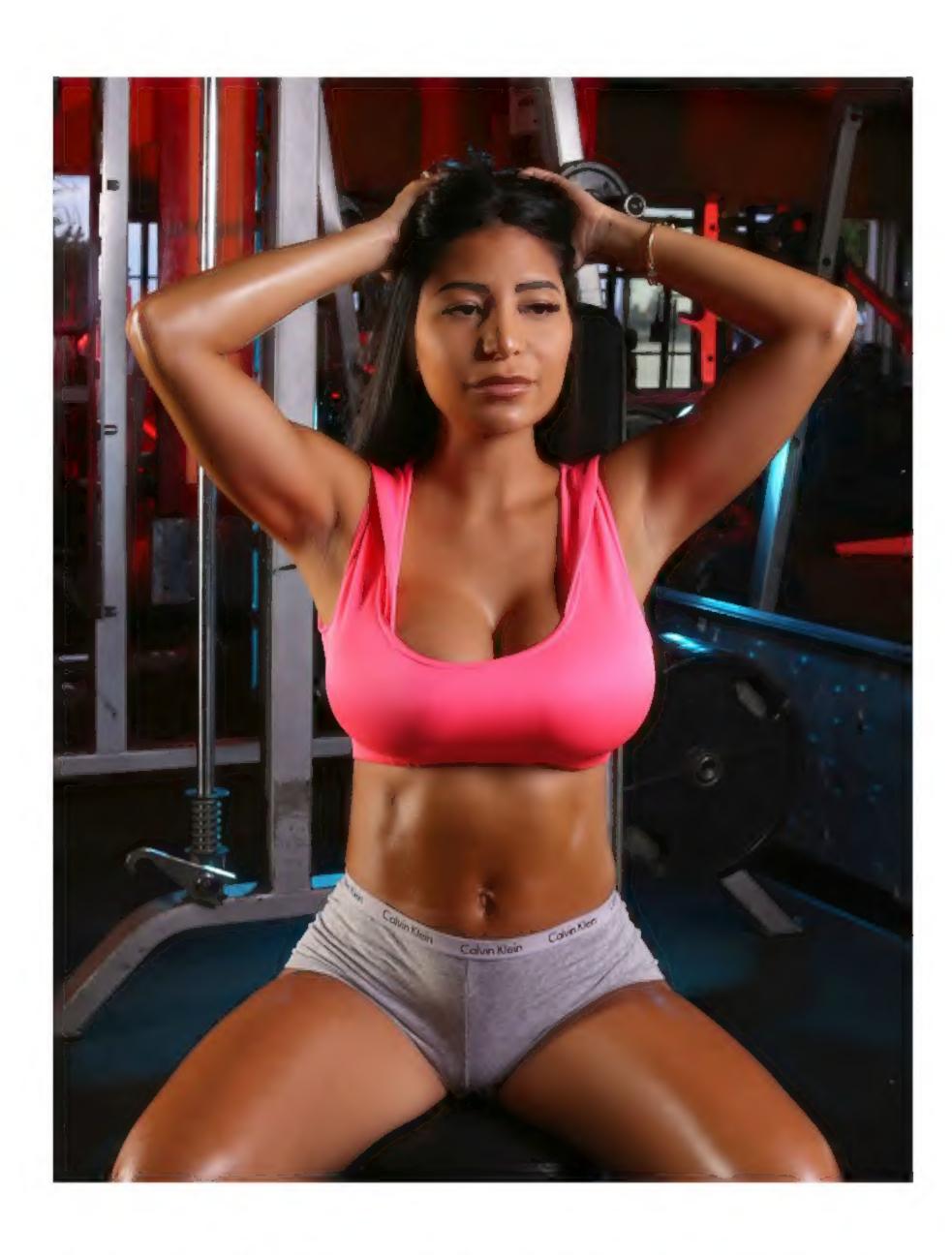
Location:
Maui, Hawaii
Measurements:
34DD-23-34
Height: 5'3"
Booking Info:
Sasha.Stant@gmail.com
Instagram:
@sashahawaiianbarbie
HMUA: Salon 253
Photographer:
Fitness Foto808

25 years old. Born and raised on the Hawaiian Islands. Ethnicities include Hawaiian, Portuguese, Chinese, Spanish, German, Irish, French. Loves working out and hiking adventures.





7 THINGS YOU MUST DO AFTER EVERY WORKOUT



You've put in the work at the gym, but you're not done. What you do post-workout is very important if you want to maximize your workout and minimize injuries.

Here are 7 essential things you must do:

1. Rehydrate

Simply put, drink water. Drink water. Drink water. This is probably the single most important thing you can do post-workout. It enables your body to recover and replenish.

2. Cool Down

It's very important to get your heart rate back to normal post-workout. Popular ways to do so include light jogging, walking, and yoga. Whatever you choose, take 10-15 minutes to cool down ... your heart needs it.

3. Stretch

Stretching can be included in your cool down routine, but there is some benefit in focusing on this as a

separate essential item. After you cool down, a good stretch will help build flexibility and mobility by elongating your muscles. Be sure to target large muscle groups such as glutes, hamstrings, hips, and shoulders.

4. Protein Up

After you rehydrate and replenish, your body needs a little protein boost. Eating or drinking a protein (and fast-digesting carbohydrate) source 30-60 minutes after a workout helps your body absorb essential nutrients needed to jumpstart muscle repair. Popular choices are protein shakes, yogurt, cottage cheese, almonds, fish, and beef jerky.

5. Shower Time

After you've had a chance to cool off, stretch, and rehydrate, it's very important to "wash off the gym". The last thing you want to do is bring home any unwanted germs ... or smells. Shower. Lather up. Put on fresh clothes.

6. Track Progress

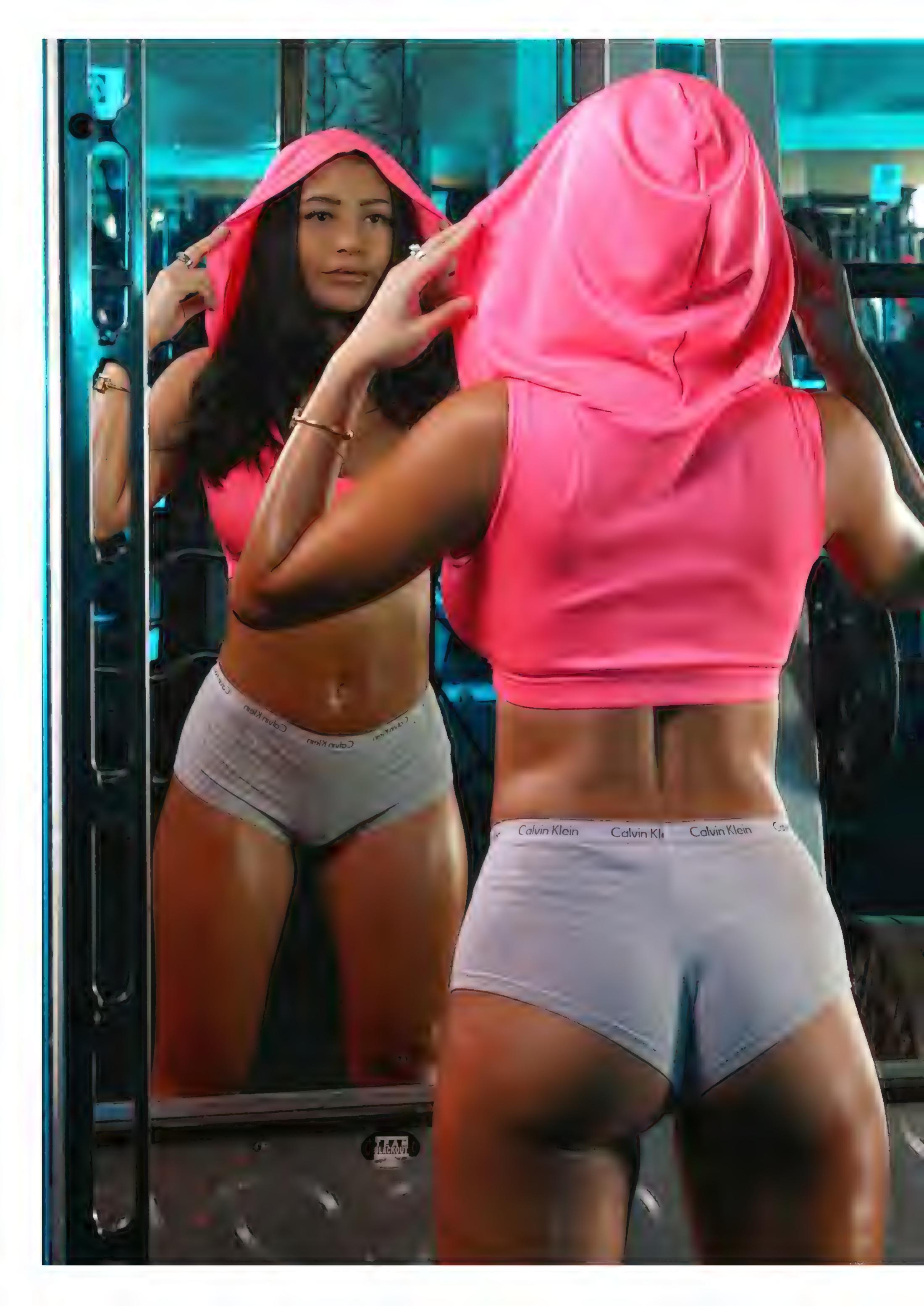
You'll never know how far you've progressed, unless you know where you started. From day one, Track your progress using a notepad. Or, if you prefer a more modern day approach, try using FitBit, smartwatches, or other apps that help track your fitness routine. Once you hit your initial goal, set more aggressive, but attainable, goals. The important thing is to track yourself so you have data to compare ... this will help you determine which areas you excel in, and which areas you need to target more aggressively.

7. Spoil Yourself

You'll never enjoy working out if you don't see results ... and if you don't reward yourself for your efforts. Don't be afraid to spoil yourself.

One of the best post-workout rewards is getting a massage. Other than the pure joy of having someone else massage your body, a good massage will remove lactic acid and improve muscle strength.

But don't stop there. De-stress. Relax. Watch a movie. Read a book. Don't overwork your body by adding stress to an already intense workout.



Amateur Models

I want to do something pretty, but edgy, but sexy, but not



modeltechie.com

Traveling Models

Hello, I am
Svetlana. I
travel from
Russia to
shoot. Enough

I have warmed my muscles for maximum contortion.
We have fifty minutes before I exit ketosis and can no longer use my abs as cheese grater.

Don't forget to turn on fill light for left cheek and let's shoot and publish.



Sexiest Feature? My beautiful derrière!

What is my sexiest feature?

Well I guess it all depends on what you like! [laughs]. I have quite a few sexy features. I think the fan favorite would be my beautiful derrière!

LILY MARIE

Location: Boston, MA Measurements: 32B-25-35

Booking Info:

Lily.Marie.XoXo1@Gmail.com Photographer: Rick Trottier

I am a down to earth sweetheart by nature. It's a way of life for me and who I am. I am always happy and upbeat. I think people can easily read that about me... well, I hope! [laughs] I think pictures can portray us in different ways and sometimes can paint a different picture. I am sure a lot of people wouldn't know that I also have a crazy, dorky side too! I am like a big kid! I love to have fun and be goofy. Life is too short to be anything less!













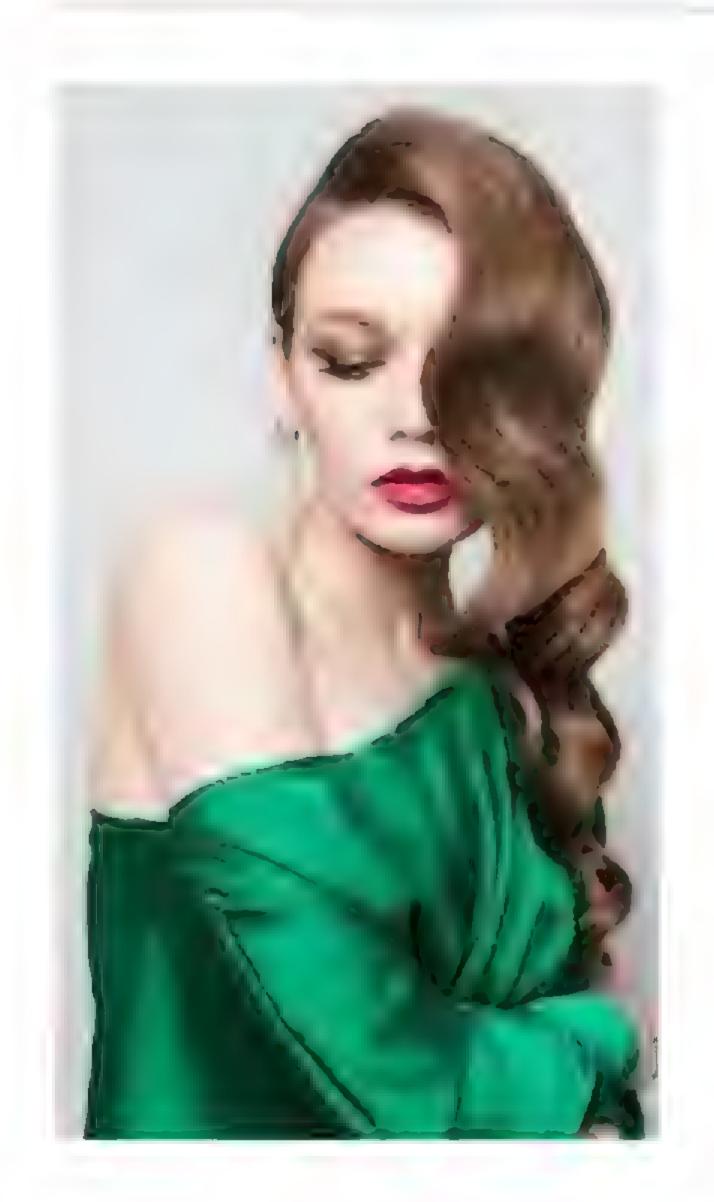


SUBMIT



We accept submissions from all genres of modeling:

- Glamour
- Nude
- Fashion
- Fitness
- Runway



Interested in becoming an exclusive Red-Hot Kitten model ... and enjoying the benefits of being a contracted model? Contact us at submit@rhkempire.com.

Why Submit?

RHK Productions has been in business since 2009, and has a reputation for bringing you all-new photos and videos of our world-famous Red-Hot Kittens ... the world's sexiest models who have been featured in Playboy, Maxim, FHM, and other leading magazines.

While our publications are the sexiest magazines you'll find, we take pride in featuring each and every model in a tasteful, respectful fashion.

We have several quality publications which have been published monthly (or twice a month) for years without interruption. The following publications are currently available worldwide, in print and digital:

RHK Magazine – Glamour, bikini, lingerie, implied, topless (nudity allowed)

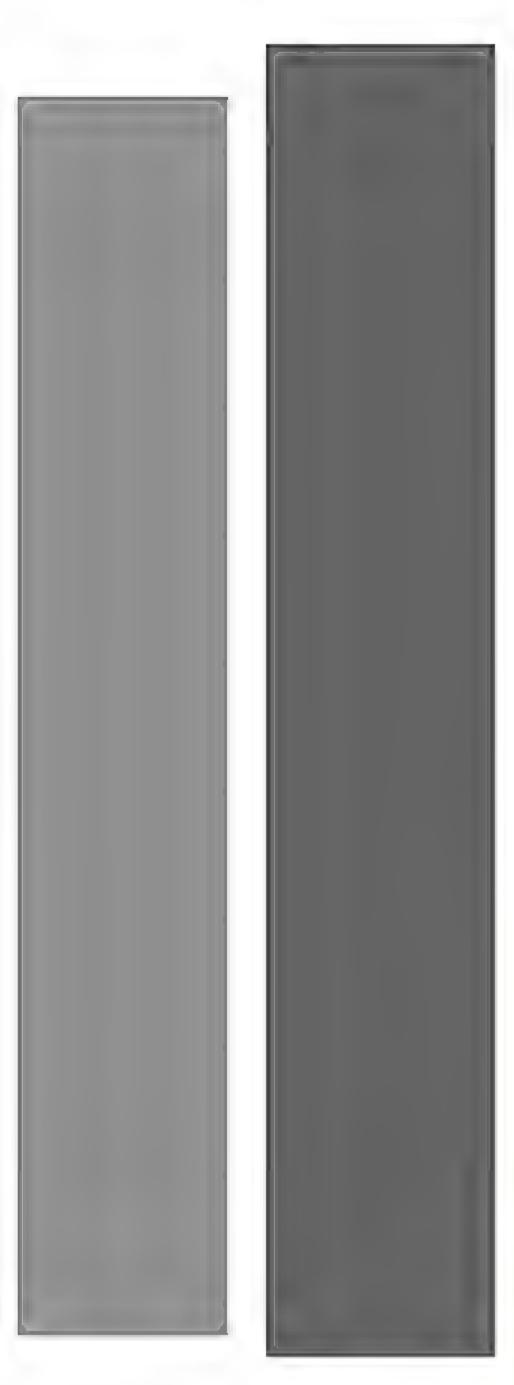
Hunnie Magazine – Glamour, implied, topless, girl-on-girl, adult themes (nudity allowed)

KAAT Magazine – Urban models, eye candy, video vixens (nudity allowed)

Riche Magazine – Fashion, bikini, lingerie (no nudity)

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of the hottest models in
Illinois team up for all-new
classy nude photosi UNCENSORES PAGES Including exclusive photos by Michael @viewfinders04 WORLD'S HOTTEST GLAMOUR MODELS ISSUE 17 rhkempire com

21 - FEATURED MODEL: CHRISSY MARIE



CHRISSY MARIE

Age: 44
Location:
Pottsville, PA
Measurements:
34C-28-33
Height: 5'5
Weight: 130 lbs.

Hair: Blonde Eyes: Blue

Sexiest feature: Legs

Booking info: chrissybrilla@yahoo.com

Photographer: Thomas Ash HMUA: Chrissy Marie

Modeling several years, published model with features in RHK Magazine, Easyriders Magazine, Modelmania, Bodacious Babes, Shazzles, Modelzview, Female Wired, Seductions Silk, Desire and more.









